42 TESTED RICE RECIPES

Put Rice Appeal in Every Meal

PRICE • 15 CENTS

COVER: Seven delicious ways to serve rice simply, easily, economically. Clockwise from top—with fruit, with butter, with jelly, with cream and sugar, with preserves, with vegetables, and with gravy.

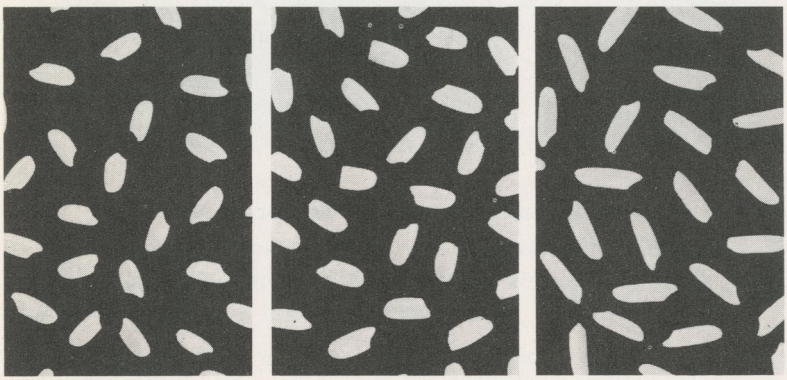
This book has been prepared by Texas Rice Promotion Association, in cooperation with Helen Corbitt.

Rice is Your Finest Staple Food

POUND for pound, no other food offers you so much for your food dollar as rice. In many parts of the world it has been for generations the main—often the only—food in the diet. American rice offers high-nutrition value and improved quality in flavor and cooking ease.

The history of rice goes back to antiquity—it is mentioned in the Jewish Talmud and by Greek historians and poets. Its arrival in the new world was accidental: a sailing ship bound for Madagascar was blown off its course and landed in South Carolina in 1694. When the captain put in to Charleston for repairs, he left with the governor of the colony a handful of rice, which was used for seed.

From this has grown America's extensive rice industry, which today furnishes the world with its highest types and grades of this important cereal.

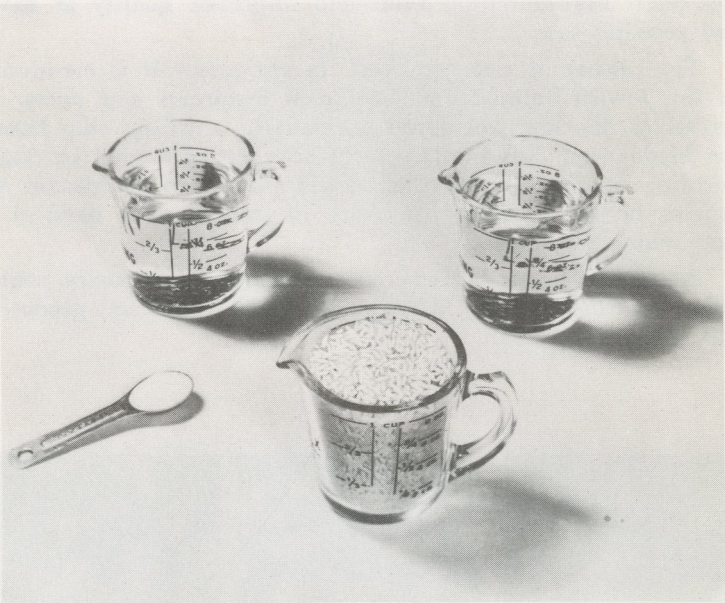


Short Grain | Medium Grain | Long Grain

Three General Types of American Rice

RICE IS YOUR EASIEST FOOD TO PREPARE

THERE is no waste in rice; every ounce is edible. What's more, there's no peeling, shelling, or scraping—not even any washing, for modern rice is machine-milled and comes to you ready to cook. Generally, packaged rice is available at stores as "polished white rice," or as "processed rice."



Cooking is quick, simple and fool-proof with the

1-2-1 Fluff Method

Just remember this magic combination: **1-2-1**
(1 cup rice, 2 cups water, 1 teaspoon salt)

Whenever cooked rice is called for in any of the following recipes, use this method.

1-2-1 FLUFF METHOD

1. Combine 1 cup of rice, 2 cups of water, and 1 teaspoon salt in a 3-quart saucepan that has a tight-fitting lid.

2. Bring to a boil, stirring once or twice as water comes to a boil. Lower heat to simmer. Cover pan and cook about 14 minutes without removing lid or stirring. If rice is not quite tender, replace lid and cook two to six minutes longer. Remove from heat.

For drier rice:

Fluff rice lightly with a fork, and let stand in covered pan five to ten minutes to steam dry.

For extra tender rice:

Start with ⅓ cup more water and increase the cooking time four or five minutes.

VARIATIONS:

For extra flavor, try adding a bouillon cube to the water in which you cook rice, or use beef or chicken broth in place of water in the 1-2-1 Fluff Method. Delicious!

COOK ONCE FOR THE WEEK

Cooked rice keeps perfectly and reheats easily. Cook enough for a whole week, store it in a covered refrigerator dish, ready for instant use in a dozen delicious ways.

To reheat: Place rice in a closed vessel with a few tablespoons of water over low heat. In a few minutes it will be hot and fluffy as freshly cooked rice.

Measurements: 1 cup of uncooked rice makes about 3 cups of cooked rice. Use ½ cup of cooked rice for an average portion.

ONE-DISH SUPPER SOUP

1 cup diced celery
2 small onions, chopped
1 green pepper, diced
2½ cups (1 lb. 4 oz. can) tomatoes
3 cups water
Salt to taste
6 eggs
½ cup sharp grated cheese
2 cups hot cooked rice

Add celery, onions, green pepper, and tomatoes to water. Simmer 15 minutes. Add salt to taste. Break eggs into hot soup. Sprinkle with cheese. Cover and keep warm for 5 minutes. Serve very hot in individual soup dishes, over mounds of the hot cooked rice. Crackers and pickles are good accompaniments. Serves six.

☆CHICKEN GUMBO AND RICE

1 2½-pound chicken, cut up
¼ pound smoked ham, diced
2½ cups (1 lb. 4 oz. can) tomatoes
1½ quarts water
1 pound okra, sliced
1 cup sliced onions
¾ cup chopped green pepper
1 tablespoon minced parsley
1 tablespoon salt
¼ teaspoon pepper
1 small bay leaf
2-3 teaspoons gumbo file'
4 cups hot cooked rice

Combine chicken and ham in Dutch oven or 4-quart kettle. Cover and cook about 10 minutes. Add tomatoes, water, okra, onions, green pepper, parsley, salt, pepper, and bay leaf. Cover and simmer 1 to 1½ hours, or until chicken is very tender. Remove meat from bones, but leave in large pieces. Return to soup. Sprinkle file lightly over water, stirring constantly. (Chicken may be left on bones, if desired.) Heap hot rice in individual soup bowls. Ladle chicken gumbo over rice. Serve with garlic toast or French bread. Makes about 3 quarts.

SATURDAY'S SOUP

¾ pound ground beef
½ cup sliced onions
1 clove garlic, minced
1 tablespoon shortening
2 cups (1-lb. can) tomatoes
4 cups water
1 tablespoon salt
¼ teaspoon pepper
1 teaspoon Worcestershire sauce
1 small bay leaf
½ cup cooked peas
1 cup cooked corn
½ cup cooked or raw carrots
⅓ cup uncooked rice

Brown ground beef, onions, and garlic in heated shortening, stirring occasionally to crumble meat. Drain off excess fat. Add tomatoes, water, seasonings, and vegetables. Bring to a boil and simmer about 30 minutes. Add rice and simmer about 15 minutes longer or until rice is tender. Remove bay leaf. Serve piping hot with crackers or hard rolls. Serves six. *Note:* Any combination of cooked left-over vegetables may be substituted for the peas, corn, and carrots in this recipe.

☆ *An All-Time Rice Favorite*

EGG RICE SALAD

¼ cup minced green onions
6 hard-cooked eggs, chopped
1 cup diced celery
¼ cup diced cucumber pickles
2 cups cold cooked rice
¾ cup mayonnaise
Salt to taste

Combine onions, eggs, celery, pickles, rice, mayonnaise, and salt to taste. Chill. Serve on crisp lettuce, garnished with salad greens, tomato wedges, and radish roses. Stuffed olives may be used in place of cucumber pickles. Serves six.

RICE PICNIC SALAD

3 cups hot cooked rice
¼ cup French dressing
¼ cup minced onions
1 teaspoon salt
¼ teaspoon pepper
½ cup minced celery
⅓ cup minced green pepper
¼ cup minced sour pickles
⅓ cup sweet relish
2 tablespoons minced pimiento
2 hard-cooked eggs, chopped
⅔ cup mayonnaise

Combine rice, French dressing, onions, salt, and pepper. Let stand while preparing remaining ingredients. Add celery, green pepper, sour pickles, sweet relish, pimiento, eggs, and mayonnaise; toss lightly with a fork. Chill thoroughly. Serves six.

TUNA RICE SALAD

1½ cups cooked rice
1½ cups flaked tuna
1 cup cooked peas
1 cup shredded carrots
½ cup French dressing
¼ cup chili sauce
½ teaspoon salt
½ teaspoon curry powder

Combine rice, tuna, peas, and carrots. Add French dressing, chili sauce, salt, and curry powder. Toss lightly with a fork. Chill well. Serve on crisp salad greens. Serves eight. *Variations:* Chicken or turkey may be substituted for tuna.

VEAL PAPRIKA WITH RICE

2 pounds veal round steak
¼ cup flour
1 tablespoon paprika
2 teaspoons salt
¼ teaspoon pepper
¼ cup shortening, more if necessary
1 cup minced onions
1 cup sour cream
3 cups hot cooked rice

Cut veal into 1-inch squares. Toss meat with flour, paprika, salt, and pepper. Brown in shortening. Add onions; cover and simmer slowly until onion has nearly disappeared and meat is tender. Add sour cream and simmer several minutes longer. Serve on platter with a border of hot rice. Serves six.

HAM WITH FRUIT-RICE DRESSING

2 cups hot cooked rice
1 tablespoon butter or margarine
1 cup orange segments, diced
1 small tart apple, diced
¼ cup seedless raisins
3 tablespoons brown sugar
⅛ teaspoon ground cloves
2 center slices of ham, ½-inch thick
2 tablespoons honey

Combine rice and butter and toss lightly with a fork until butter is melted. Add oranges, apples, raisins, brown sugar, and cloves. Spread in 10x6x2-inch baking pan. Cut ham into 6 pieces. Place over the dressing. Brush with honey. Cover. Bake in moderate oven (350° F.) about 45 minutes, until apples are tender and ham is glazed. Serves six.

PORCUPINE MEAT BALLS

1 pound ground beef
½ cup uncooked rice
1 teaspoon salt
⅛ teaspoon pepper
1 small onion, sliced
½ green pepper, sliced
1 tablespoon shortening
2½ cups tomato juice
Dash nutmeg
Salt and pepper to taste

Combine ground beef, rice, salt, and pepper. Form into small balls about 1½ inches in diameter. Place in baking dish. In a skillet, brown onions and green pepper in shortening. Add tomato juice, nutmeg, and salt and pepper to taste. Pour over meat balls. Cover baking dish. Bake in moderate oven (350° F.) about one hour, or until visible rice is very tender. Makes eight porcupines.

PORK CHOPS WITH RICE CREOLE

6 large pork chops
2 teaspoons salt
½ teaspoon pepper
1 tablespoon shortening
2 cups sliced onions
1 clove garlic, minced
1 10½-oz. can condensed tomato soup
2 cups water
¼ cup diced celery
¼ cup diced green pepper
2 tablespoons minced parsley
¾ cup uncooked rice
1 bay leaf, crumbled
⅛ teaspoon thyme
⅛ teaspoon marjoram

Season chops with 1 teaspoon of the salt and ¼ teaspoon of the pepper. Brown in shortening. Place chops in bottom of 2½-quart casserole. Brown onion and garlic in 1 tablespoon of the drippings. Add remaining ingredients and pour over pork chops. Cover. Bake in moderate oven (350° F.) 45 to 60 minutes, or until rice is tender. Serves six.

RICE LAMB SKILLET DINNER

1½ pounds lamb shoulder
1 clove garlic, split
1 tablespoon shortening
2 tablespoons minced onions
½ cup diced celery
½ pound (2 medium) tomatoes
¾ cup uncooked rice
1½ cups fresh or frozen peas
2 tablespoons minced parsley
1½ teaspoons salt
¼ teaspoon pepper
¼ teaspoon basil
1¾ cups water

Remove bone and excess fat from meat and cut into small cubes or slices. Brown meat and garlic in heated shortening in large skillet. Remove garlic. Add onions and celery and cook 5 minutes longer, stirring frequently to prevent over-browning. Remove skin from tomatoes and cut into small pieces. Add to meat. Bring to a boil. Lower heat; cover and simmer slowly for about 30 minutes, or until meat is tender. Add remaining ingredients in order listed. Again bring mixture to a boil and lower heat. Cover and simmer about 20 minutes, or until rice and peas are tender. Serves six.

TEXAS HASH

2 large onions, sliced
2 green peppers, sliced
3 tablespoons shortening
1 pound ground beef
2 cups (1-lb. can) tomatoes
1 cup cooked rice
1 teaspoon chili powder
1 teaspoon salt
⅛ teaspoon pepper
½ cup buttered bread crumbs

Brown onions and green pepper in shortening. Add meat and cook until raw appearance is gone, stirring frequently to crumble. Add tomatoes, rice, salt, pepper, and chili powder. Pour into greased baking dish. Sprinkle crumbs over top. Bake in moderate oven (350° F.) until thoroughly heated and crumbs are browned. Serves four.

CHICKEN RICE DINNER

1 5-pound hen, cut up
2 tablespoons shortening
2 cups chicken broth or tomatoes
1 teaspoon salt
⅛ teaspoon white pepper
1 medium-sized onion, chopped
1 8-ounce can mushrooms, drained
1 cup uncooked rice

Brown chicken in shortening. Add broth or tomatoes and enough water barely to cover chicken. Add remaining ingredients. Simmer about 1 to 1½ hours, or until chicken is tender. This may be baked in a moderate oven (350° F.) instead of cooking on top of the range. Serves eight.

SMOKEY TURKEY CASSEROLE WITH RICE

6 slices of bacon, diced
¼ cup flour
1½ teaspoons salt
¼ teaspoon pepper
3 cups milk
¼ pound smoke-flavored cheese, cubed
2 cups diced cooked turkey
2 tablespoons minced pimiento
3 cups cooked rice

Cook bacon until crisp. Measure off ¼ cup of the drippings. Drain bacon on absorbent paper. Stir flour, salt, and pepper into bacon drippings. Add milk all at once, stirring until smooth. Cook until thickened, stirring occasionally. Add cheese and stir until melted. Stir in turkey and pimiento and heat thoroughly. Fold in rice and bacon. Pour into 6 individual 1-cup casseroles or a 1½-quart casserole. Sprinkle with paprika, if desired. Bake in moderate oven (350° F.) 20 to 30 minutes, or until thoroughly heated. Serves six.

CHICKEN SUPREME IN A RICE RING

2 small onions, sliced
2 small carrots, diced
¼ bay leaf
8 peppercorns
2 sprigs parsley
2 cups chicken broth
¼ cup butter or margarine
¼ cup flour
½ cup heavy cream
2 cups diced cooked chicken
2 hard-cooked eggs, sliced
Salt and pepper to taste

Add onions, carrots, bay leaf, peppercorns, and parsley to broth. Simmer about 10 minutes; strain. Melt butter in saucepan; stir in flour. Add broth all at once, stirring constantly until smooth. Add cream; cook until thickened, stirring frequently. Fold in chicken and eggs; heat thoroughly. Add salt and pepper to taste.

Rice Ring

½ cup grated cheese
2 tablespoons butter or margarine
7 cups hot cooked rice

Add cheese and butter to rice; toss lightly with a fork until cheese and butter are melted. Pack rice lightly into buttered 8- or 8½-inch ring mold. Cover with waxed paper. Set in pan of hot water. Keep warm until ready to use. Loosen edges with spatula. Invert onto platter. Fill center with creamed chicken. Garnish with parsley, pimiento, and additional sliced eggs. Serves eight.

SHRIMP DUGAN

1 pound shrimp, fresh or frozen
1 quart barbecue sauce
6 cups hot cooked rice

Clean shrimp. Bring sauce to a boil; add shrimp and cook until they turn pink and curl up. Pile the rice on a large platter, top with the shrimp and sauce mixture. Serve steaming hot. Serves four.

Barbecue Sauce

1 hot red pepper, minced
½ cup salad oil
2 bottles chili sauce
1 bottle ketchup
2 cloves garlic, minced
1 cup vinegar
2 medium-sized onions, chopped
1 bay leaf
1½ teaspoons salt
1½ lemons, cut fine (rind and all)
5 cups canned tomatoes
¼ cup sugar

Combine all ingredients except sugar. Bring to a boil. Add sugar to taste. Simmer slowly, stirring frequently until sauce thickens. Adjust seasonings as desired. Makes 2 quarts sauce.

SHIRRED EGGS MEXICALI

1 small onion, minced
2 tablespoons butter or margarine
1 cup (8-oz. can) tomato sauce
1¼ teaspoons chili powder
Salt and pepper to taste
6 eggs
3 cups hot cooked rice

Cook onion in butter until soft but not browned. Stir in tomato sauce and chili powder. Add salt and pepper to taste. Divide sauce among six greased custard cups. Break an egg into each cup. Set in pan of hot water. Bake in moderate oven (375° F.) 10 to 15 minutes, or until eggs are set. Turn each egg out onto a bed of fluffy rice. Serves six.

EGG AND RICE BENEDICT

4 thin slices of ham
1 tablespoon butter or margarine
4 eggs
3 cups hot cooked rice
Mustard Hollandaise Sauce

Brown ham in butter. While ham is cooking, poach eggs. For each serving, arrange a mound of rice on plate, top with a slice of ham and then top with a poached egg. Cover with a generous spoonful of Mustard Hollandaise Sauce. Serves four.

Mustard Hollandaise Sauce

½ cup butter
2 egg yolks
1 tablespoon lemon juice
2 tablespoons hot water
¾ teaspoon prepared mustard
Salt and white pepper to taste

Put half the butter in top of double boiler. Add egg yolks and lemon juice. Place over hot, but not boiling, water. Stir until butter is melted. Add remaining butter and stir until combined. Add hot water and cook, stirring constantly until thick. Remove from heat. Season with mustard, salt, and pepper.

☆SHRIMP CREOLE

2 onions, sliced
4 stalks celery, diced
2 tablespoons shortening
1 tablespoon flour
1 teaspoon salt
2 teaspoons chili powder
2½ cups (1 lb. 4 oz. can) tomatoes
1 cup water
2 cups peas
1 tablespoon vinegar
1 teaspoon sugar
1½ cups cooked shrimp
3 cups hot cooked rice

Cook onions and celery in shortening until brown. Stir in flour, salt, and chili powder. Add tomatoes, water, peas, vinegar, and sugar. Cook until thickened, stirring frequently. Add shrimp and heat thoroughly. Serve over the hot rice. Serves six.

RICE SALMON DELMONICO

1 1-pound can red salmon
¼ cup butter or margarine
¼ cup flour
1½ teaspoons salt
⅛ teaspoon white pepper
¼ teaspoon cayenne
2 cups milk
1 egg yolk, slightly beaten
2 tablespoons lemon juice
2 tablespoons sherry
1 8-ounce can sliced mushrooms, drained
3 cups hot cooked rice
1 hard-cooked egg, sliced

Drain salmon. Remove skin and bones; flake. Melt butter in saucepan; stir in flour, salt, pepper, and cayenne. Add milk all at once, stirring constantly until smooth. Cook until thickened, stirring occasionally. Add some of the hot sauce to egg yolk; mix thoroughly. Return to saucepan; add lemon juice and sherry. Cook until thickened. Fold in salmon and mushrooms. Heat thoroughly. Serve over the rice, garnished with the hard-cooked egg. Serves six.

PILAF OF SEAFOOD

1 medium-sized onion, chopped
2 tablespoons shortening
2 cups cooked rice
2 cups (1-lb. can) tomatoes
3 stalks celery, diced
½ teaspoon salt
¼ teaspoon paprika
½ bay leaf, crumbled
¼ cup grated cheese
1 cup cooked shrimp or crabmeat

Cook onion in shortening until browned. Stir in rice. Combine tomatoes, celery, salt, paprika, bay leaf, and cheese in saucepan. Heat until cheese is melted. Fold in rice, and seafood. Pour into a greased casserole. Cover. Bake in moderately slow oven (325° F.) about 25 minutes. Serves six.

☆ *An All-Time Rice Favorite*

HOPPING JOHN (Rice and Peas)

1 cup dried black-eyed peas—water to cover
¼ pound smoked bacon or salt pork, diced
1 red pepper pod, diced
3 cups cooked rice
Salt and pepper to taste

Soak peas overnight. Cook with the bacon and pepper pod until the peas are very tender. Add rice, and salt and pepper to taste. Pour into casserole. Cover. Bake in moderate oven (350° F.) until liquid is absorbed and dish is thoroughly heated. Serves eight.

PILLAFI

1 pound fresh mushrooms, sliced
1 medium-sized onion, chopped
1 green pepper, diced
2 tablespoons minced parsley
1 cup canned tomatoes
1 tablespoon tomato paste
1 tablespoon butter or margarine
¼ cup salad oil
1 cup uncooked rice
1 cup water
Salt and pepper to taste

Combine mushrooms, onions, green pepper, parsley, tomatoes, tomato paste, butter, and salad oil. Simmer about 10 minutes. Add rice and water. Bring to a boil; lower heat. Cover and cook slowly until liquid is absorbed and rice is tender. Serves four to six.

RICE-STUFFED TOMATOES

6 large, firm tomatoes
2 cups cooked rice
¼ cup olive oil
2 tablespoons minced chives
Salt, pepper, and thyme to taste
½ cup buttered crumbs

Cut tops off tomatoes. Scoop out insides, leaving only a shell. Cook rice in olive oil until oil is absorbed. Add chives, and season with salt, pepper, and thyme to taste. Fill tomatoes with rice mixture. Sprinkle tops with crumbs. Place in greased baking dish. Bake in moderate oven (375° F.) until thoroughly heated and crumbs are browned. Serve with a cheese sauce. Serves six.

Cheese Sauce

2 tablespoons butter or margarine
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
1 cup milk
½ cup grated sharp cheese

Melt butter in small saucepan; stir in flour, salt, pepper, and paprika. Add milk all at once, stirring constantly until smooth. Cook until thickened, stirring occasionally. Add cheese and stir until melted.

RICE SAUSAGE CASSEROLE

3 cups cooked rice
1 pound pork sausage links, browned and drained of all fat
1 medium-sized onion, minced
1 10½-oz. can condensed tomato soup
2 tablespoons grated cheese

Alternate layers of rice and sausages in a greased casserole. Sprinkle each layer with onions. Pour soup over the top and sprinkle with cheese. Cover. Bake in moderate oven (350° F.) about 30 minutes. This may be prepared well in advance and kept in the refrigerator until time to bake. Serves four to six. Bulk sausage may be used instead of links.

HAM AND RICE CASSEROLE

1 10½-oz. can condensed cream of chicken soup
½ cup milk
1 tablespoon lemon juice
⅛ teaspoon pepper
2 tablespoons minced pimiento
2 cups diced cooked ham
3 cups cooked rice
3 slices canned pineapple
12 whole cloves
1 tablespoon butter or margarine
1 tablespoon brown sugar

Pour soup into large saucepan; add milk slowly, stirring constantly until smooth. Add lemon juice, pepper, pimiento, and ham. Heat thoroughly. Fold in rice. Pour into greased 10x6x2-inch baking dish or 1½-quart casserole. Cut pineapple slices in half and stick 2 cloves into each half. Arrange on casserole. Dot with butter and sprinkle with the brown sugar. Slip under broiler until thoroughly heated and pineapple is lightly browned, or bake in moderate oven (350° F.) 20 to 30 minutes. Serves six.

☆SPANISH RICE

¾ pound ground beef
½ cup minced onions
⅓ cup diced green pepper
1 clove garlic, minced
1 tablespoon shortening
2 cups (1-lb. can) tomatoes
¾ cup (6-oz. can) tomato paste
3 cups water
3½ teaspoons salt
¼ teaspoon pepper
2 teaspoons chili powder
1 cup uncooked rice

Brown meat, onions, green pepper, and garlic in heated shortening, stirring occasionally to crumble meat. Drain off excess fat. Stir in tomatoes, tomato paste, 1 cup of the water, 2½ teaspoons of the salt, pepper, and chili powder. Simmer about 45 minutes, or until thick, stirring occasionally. Put uncooked rice in shallow baking pan. Toast in a moderately hot oven (400° F.) until golden brown, about 15 minutes, shaking pan occasionally so rice will brown evenly. Combine rice, remaining water, and salt in 2-quart saucepan. Bring to a boil; lower heat. Cover and cook slowly about 15 minutes, or until rice is tender. Add rice to meat sauce and heat thoroughly before serving. Serves six.

☆ *An All-Time Rice Favorite*

EIGHT BOY CHICKEN CURRY*

- 1 5-6 pound stewing hen, cut up
- 6 cups water
- 3 medium-sized onions, chopped
- 2 apples, minced
- 8 stalks celery, minced
- ¼ cup olive oil
- ¼ cup curry powder
- ¼ teaspoon pepper
- ½ teaspoon ginger
- ½ teaspoon Tabasco sauce
- ¼ cup flour
- 2 cups heavy cream
- 3 egg yolks, slightly beaten
- ½ cup sherry
- Salt to taste
- 6 cups hot cooked rice

Simmer chicken in water in covered pan until tender. Cook onions, apples, and celery in olive oil until browned, stirring frequently. Add curry powder and simmer 5 minutes. Add four cups of the broth from the chicken and seasonings; simmer 20 minutes. Blend in flour smoothly and cook until thickened, stirring constantly. Bone and dice chicken. Add to sauce and let stand at least 3 hours. When ready to serve, add cream, egg yolks, sherry, and salt to taste. Heat thoroughly. Serve over the hot rice.

Serve the following foods, each in a separate dish:

- 4 hard-cooked eggs, chopped
- 2 cups chutney
- 1 fresh coconut, grated
- 2 green peppers, chopped
- ½ pound salted peanuts, chopped
- ½ pound bacon, fried and chopped
- ½ cup currant jelly
- ½ cup pickles, chopped

* This takes its name from the number of condiments served with it. Traditionally, each is served by a separate house-boy carrying the bowls in white-gloved hands. Number of condiments may be varied from two up.

CHINESE CHOP SUEY

- 1½ pounds lean pork, cut in strips
- 3 tablespoons salad oil
- 1 cup fresh or canned mushrooms
- 1 cup sliced onions
- 1½ cups sliced celery
- 1½ cups meat broth or water
- 1 can bean sprouts, drained
- 6 tablespoons soy sauce
- ¼ cup cornstarch
- ⅓ cup cold water
- 4 cups hot cooked rice
- Toasted slivered almonds

Brown pork in salad oil. Add mushrooms and brown lightly. Add onions, celery, and broth. Cover and cook until vegetables are just tender. Add bean sprouts, soy sauce, and cornstarch, which has been dissolved in cold water. Cook until thoroughly heated and mixture is thickened and clear. Serve on the hot rice, topped with the almond slivers. Serve additional soy sauce. Serves six.

SUKIYAKI

- 1 pound beef loin steak, cubed
- 1 tablespoon salad oil
- 3 small onions
- 1 small bunch carrots
- 1 stalk celery
- 1 pound green beans
- 1 bunch green onions
- 2 green peppers
- ¾ cup Chinese cabbage or cauliflower
- 1 cup soy sauce
- 1 tablespoon sugar
- 6 cups hot cooked rice

Brown meat in salad oil. Cut vegetables slantwise into small pieces. Arrange vegetables over meat in the following order: onions, carrots, celery, green beans, green onions, green pepper, and cabbage or cauliflower. Cover tightly and steam until vegetables are half done. Add soy sauce and sugar and continue steaming until vegetables are tender, but not mushy. Serve over the hot rice with additional soy sauce. Serves six.

CARAMEL RICE CAKE

1½ cups uncooked rice
3 cups water
4 cups milk
1 teaspoon vanilla flavoring
4 egg yolks
4 teaspoons melted butter
1¼ cups sugar

Combine rice and water in saucepan. Bring to a boil and simmer about 3 minutes; drain. Add milk and vanilla to rice and pour into baking dish; cover. Bake in moderate oven (350° F.) one hour, or until rice is very tender. Beat egg yolks thoroughly; stir in melted butter and ¾ cup of the sugar. Add to hot rice mixture and stir until combined. Pour the remaining ½ cup of sugar in loaf pan. Cook over very low heat, stirring constantly until sugar melts and turns a golden color. Tilt pan frequently as sugar melts to coat sides thoroughly. Remove from heat. Pack rice into loaf pan. Set in pan of hot water. Bake in moderate oven (350° F.) about 30 minutes, or until cake is firm and lightly browned. Cool in pan. Unmold onto serving dish. Serve with light cream or a caramel sauce. Serves eight.

ORANGE RICE CREAM

2 cups cooked rice
1 tablespoon grated orange rind
2 teaspoons grated lemon rind
1½ cups orange juice
½ cup sugar
½ teaspoon salt
2 eggs, slightly beaten
1 cup whipping cream
½ teaspoon vanilla flavoring
⅛ teaspoon almond flavoring

Combine rice, grated orange and lemon rind, orange juice, sugar, and salt in top of double boiler. Cover. Place over boiling water and cook until most of the orange juice is absorbed. Stir some of the hot mixture into the eggs and mix thoroughly. Return to double boiler and cook about 5 minutes longer, or until thickened, stirring frequently. Chill thoroughly. Combine whipping cream and flavorings; chill. Beat until stiff. Fold in orange-rice mixture. Chill thoroughly. Serve in sherbet or parfait glasses, garnished with a maraschino cherry or orange segments. Serves six.

DATE, NUT AND RAISIN RICE CUSTARD

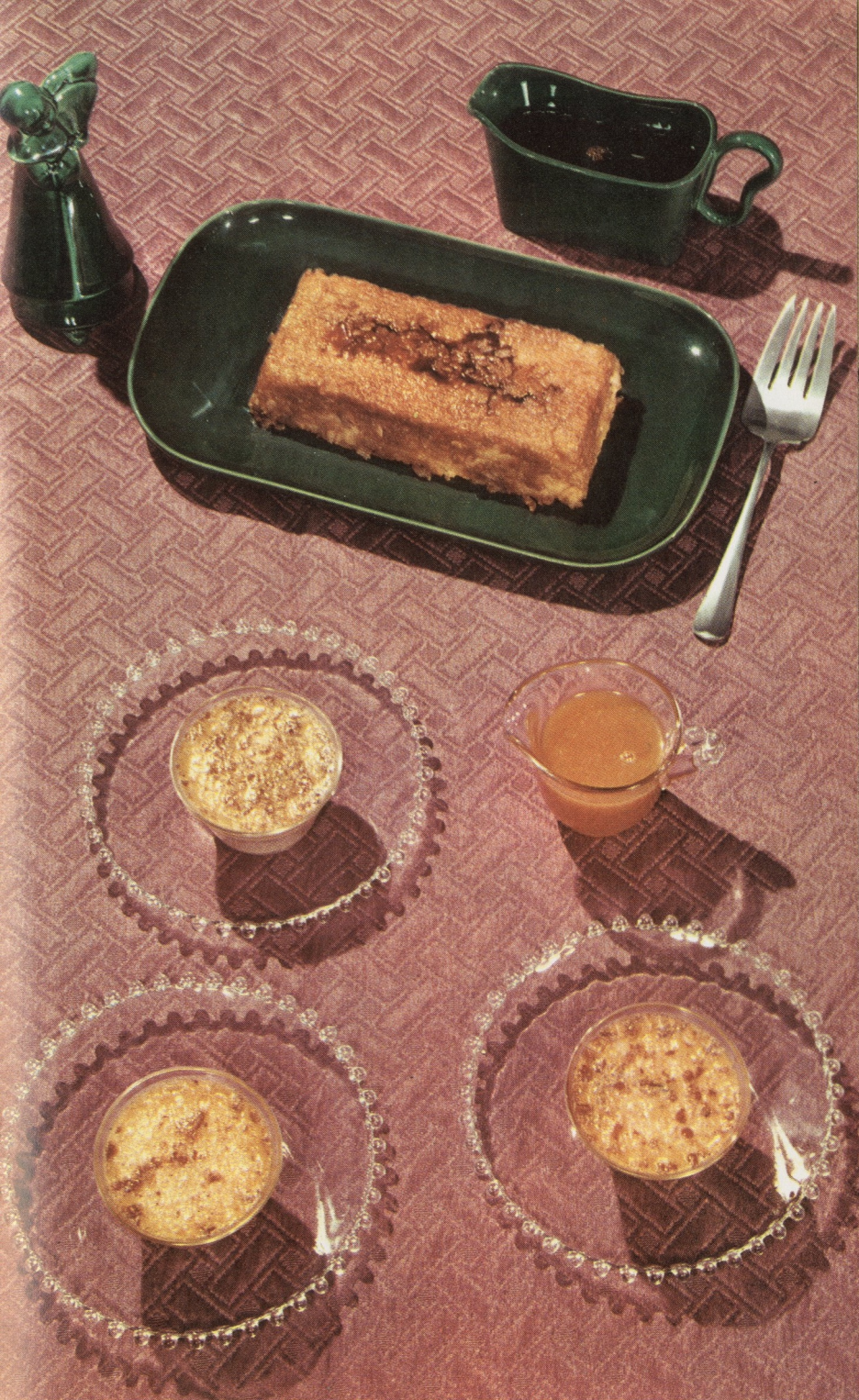
2 eggs
2 cups milk
1 tablespoon melted butter or margarine
3 tablespoons sugar
¼ teaspoon salt
⅛ teaspoon nutmeg
1 teaspoon vanilla flavoring
2 cups cooked rice
¼ cup raisins
¼ cup chopped dates
¼ cup chopped pecan meats

Beat eggs; stir in milk, butter, sugar, salt, nutmeg, vanilla, rice, raisins, dates, and nuts. Pour into custard cups or casserole. Set in pan of hot water. Bake in moderate oven (350° F.) about one hour, or until knife inserted in center of custard comes out clean. Serve hot with lemon sauce. Serves six.

Lemon Sauce

½ cup sugar
1 tablespoon cornstarch
1 cup water
1½ tablespoons lemon juice
⅛ teaspoon salt
⅛ teaspoon nutmeg
2 tablespoons butter or margarine

Combine sugar and cornstarch in small saucepan; stir in water. Cook until clear and thickened, stirring frequently. Remove from heat. Add remaining ingredients and stir until butter is melted. Serve hot.



BANANA RICE PUDDING

2½ cups thinly sliced bananas
2 tablespoons lemon juice
1 cup sugar
⅛ teaspoon salt
1 tablespoon grated orange rind
3 eggs, separated
1½ cups milk
2 cups cooked rice

Combine bananas and lemon juice and mash thoroughly. Stir in ⅔ cup of the sugar, salt, grated orange rind, and finally milk and rice. Pour into 10x6x2-inch baking dish. Set in pan of hot water. Bake in moderate oven (350° F.) about 35 minutes, or until set. Cool slightly. Beat egg whites until stiff but not dry. Gradually add remaining sugar and beat until egg whites stand in stiff peaks. Spread meringue over pudding. Return to oven and bake about 15 minutes longer, or until lightly browned. Serve warm or cold, cut into squares. Serves eight.

RICE HAWAIIAN

1 cup whipping cream
⅓ cup sugar
⅛ teaspoon salt
2 cups cold cooked rice
¾ cup well-drained crushed pineapple
½ cup shredded coconut
2 tablespoons lemon juice

Combine whipping cream, sugar, and salt; chill. Beat until stiff. Fold rice, pineapple, coconut, and lemon juice into whipped cream. Chill well before serving. Serves six.

RICE 'N' CREAM RING

2 cups whipping cream
½ cup sugar
½ teaspoon vanilla
3 cups cold cooked rice

Combine 1 cup of the whipping cream and sugar; chill. Beat until stiff. Fold in rice. Pour into a ring mold. Chill until firm. Unmold onto chilled platter. Whip remaining cream until stiff. Fill center of ring with whipped cream. Serve with a caramel sauce. Serves eight.

Caramel Sauce

1½ cups sugar
1½ cups boiling water

Put sugar in heavy skillet. Cook over low heat, stirring constantly until sugar melts and turns a golden brown. Add water slowly, stirring constantly. Simmer about 10 minutes. Chill before serving.

RICE WAFFLES

1 cup sifted flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1 tablespoon sugar
3 eggs, separated
⅓ cup melted shortening, cooled
1½ cups buttermilk
1 cup cooked rice

Sift together dry ingredients. Beat egg whites until stiff but not dry. Beat egg yolks thoroughly. Stir in shortening and buttermilk. Add to sifted dry ingredients; mix well. Fold in rice and stiffly beaten egg whites. Bake in hot waffle iron until browned. Makes eight waffles.

RICE ALMOND PANCAKES

1 egg
1 egg yolk
1¾ cups milk
1 cup cooked rice
½ cup ground, toasted, blanched almonds
1 cup flour
4 teaspoons baking powder
½ teaspoon salt
1 tablespoon brown sugar
2 tablespoons melted butter

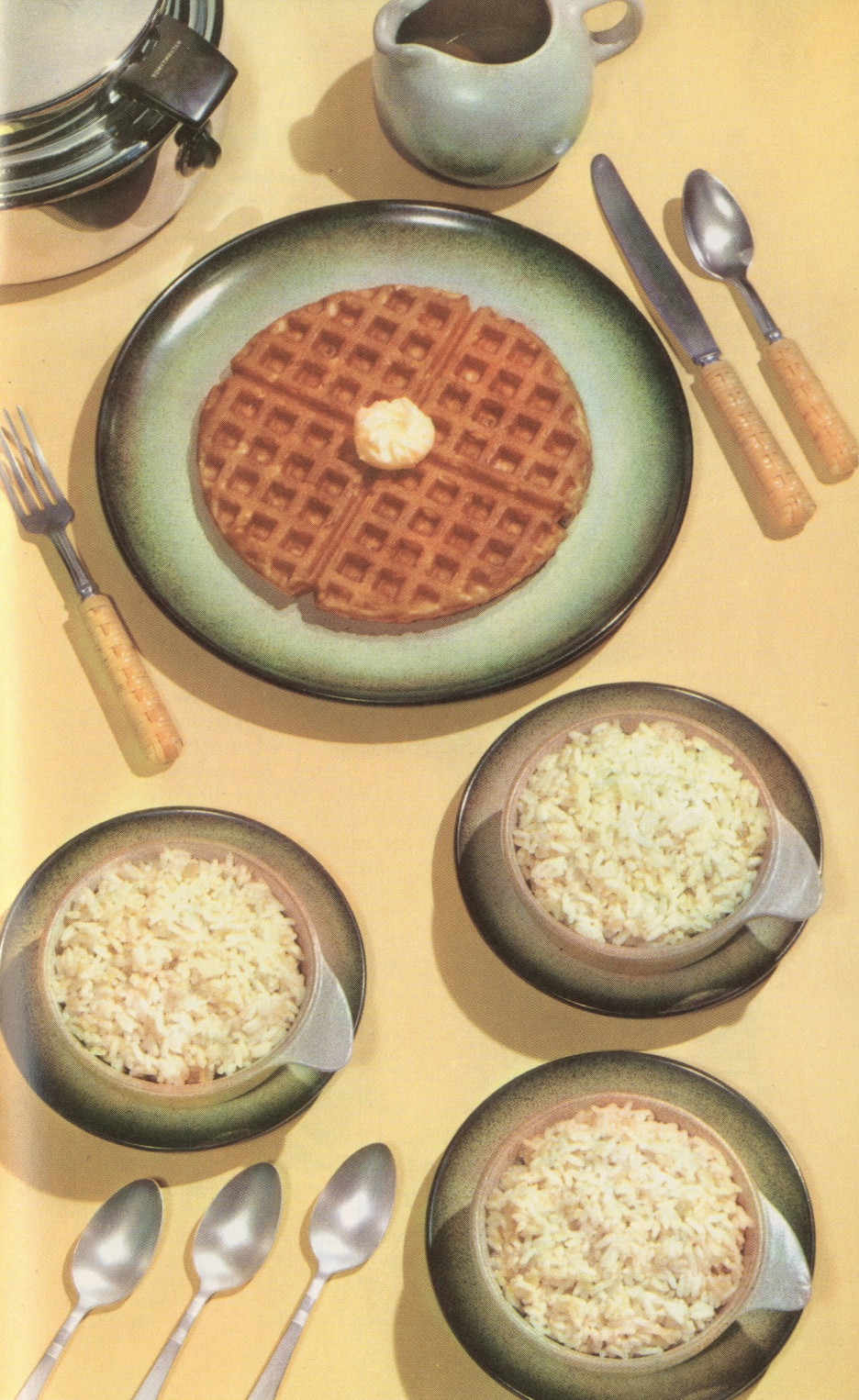
Beat whole egg and egg yolk until thick and lemon-colored. Stir in milk, rice, and almonds. Sift together flour, baking powder, salt, and brown sugar. Add egg-milk-rice mixture and stir until combined. Beat until smooth and free of lumps. Stir in melted butter and beat again. Bake on hot griddle until golden brown, turning only once. Makes 12 small pancakes.

CINNAMON RICE

2 cups cooked rice
1 cup milk
Sugar to taste
2 tablespoons butter or margarine
½ teaspoon cinnamon

Heat rice, milk, and sugar over low heat until hot. Add butter and cinnamon and stir until combined. Serve hot with a pitcher of cream, for a delicious and filling breakfast or supper dish.

*In addition, there are many fine ready-to-eat rice cereals that make appetizing breakfast dishes.



TOASTED RICE DRESSING

½ cup uncooked rice
1 cup water
½ teaspoon salt
1 tablespoon minced onions
⅓ cup minced celery
1 tablespoon minced parsley
3 tablespoons butter or margarine
1 cup toasted fine dry bread crumbs
½ teaspoon baking powder
1 teaspoon thyme or poultry seasoning
Salt and pepper to taste
1 egg, well beaten

Spread rice in shallow baking pan. Toast until golden brown in moderately hot oven (400° F.) about 20 minutes, shaking pan occasionally so rice will brown evenly. Combine rice, water, and salt in small saucepan. Bring to a boil; lower heat. Cover and cook slowly about 14 minutes, or until rice is tender. Cook onions, celery, and parsley in butter until soft. Remove from heat. Stir in bread crumbs, baking powder, thyme, salt, pepper, egg, and rice. Toss lightly with fork until combined. Fill cavity of bird lightly and sew up openings. Roast according to your favorite method. Enough stuffing for a four-pound chicken.

RICE SPOON BREAD

3 tablespoons white corn meal
1 cup boiling water
¼ cup sifted flour
1 teaspoon salt
1 tablespoon sugar
1 cup cooked rice
1 tablespoon butter or margarine
2 eggs, separated
1 cup milk
2 teaspoons baking powder

In top of double boiler add corn meal to water, stirring constantly. Stir in flour, salt, and sugar. Cook until thickened, stirring frequently. Stir in rice and butter. Remove from heat. In large bowl, beat egg yolks slightly. Stir in hot corn meal mixture, milk, and baking powder. Beat egg whites until stiff but not dry. Fold into corn meal mixture. Pour into greased baking dish. Set in pan of hot water. Bake in moderate oven (350° F.) until firm and golden brown. Serve with lots of butter. Serves eight.

☆JAMBALAYA

¼ pound salt pork
¼ pound smoked ham
2 onions, minced
1 clove garlic, minced
2½ cups (1 lb. 4 oz. can) tomatoes
1 red pepper pod, chopped
1 pint oysters
1 pound shrimp, shelled
3 cups water
2 cups uncooked rice
Salt and pepper to taste

Dice salt pork and ham. Cook slowly in large heavy skillet or Dutch oven until all fat has been fried out. Add onions and garlic and cook until soft. Add tomatoes and pepper and simmer slowly about one hour, adding a little water as needed. Add the oysters and their liquor, shrimp, water, and rice. Bring to a boil; lower heat. Cover and cook slowly about 20 minutes, or until rice is tender. Serves six to eight.

☆ *An All-Time Rice Favorite*

DO'S AND DONT'S

DO keep liquid at boiling point until rice is done. Prevents sogginess.

DO add a bit of lemon juice to polished rice. Keeps that snowy whiteness.

DO keep rice hot until served. It stays fluffier.

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OF RICE COOKING

DON'T wash or rinse rice. You lose valuable vitamins and minerals.

DON'T peek when boiling rice. It lets out steam, lowers temperature.

DON'T add cold liquid to boiling rice. If necessary to add a bit more liquid, be sure it's boiling.

DON'T stir rice after it comes to a boil. This mashes grains, makes rice gummy.

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